

CBT₄CBT:



Computer-Based Training to be a Cognitive-Behavioral Therapist (for anxiety in youth)

CBT₄CBT provides the rationale for the components of the treatment, step-by-step descriptions of how to conduct each of the sessions, and samples of video-taped sessions and children performing exposure tasks.

This computer-based training program is designed to train and provide materials to implement a cognitive-behavioral treatment for anxiety in children and young adolescents.

CBT₄CBT prepares you to implement either:

- The 16-session Coping Cat treatment (completed with the *Coping Cat Workbook*) or
- The 12-session *Camp-Cope-A-Lot: The Coping Cat CD* (interactive computer program).



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CBT_CBT IS A MULTIMEDIA PROGRAM

The program is organized into modules. Most are session-by-session guides for implementation, whereas some modules address specific themes. You will:

- See video clips of various therapy sessions
- Watch video examples of exposure tasks
- See animated excerpts from *Camp-Cope-A-Lot: The Coping Cat CD*.
- Have access to a variety of printable materials and resources
- Have access to computer-based interactivities and online video games to use in session
- Read tips from experienced therapists
- Complete brief "Knowledge Checks"
- Have access to a printable 'Notepad' on which to take notes and use as a reference.

In CBT_CBT, various icons highlight information, materials and functions:



Interactivities from *Camp-Cope-A-Lot: The Coping Cat CD* for use in session



Background information and sources



Suggestions that have been provided by practicing and experienced therapists



An activity or treatment content that lends itself easily to flexible implementation



Videos of therapy sessions



References to pages in the *Coping Cat Workbook*



A call-out with helpful reminders



Treatment materials, including games, charts, activities, etc.



Print materials and resources



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SYSTEM REQUIREMENTS

Windows:

- 800 MHz Intel Pentium III processor (or equivalent) and later
- Windows 2000, XP, Vista
- DVD-ROM
- 256 MB RAM
- 1024 x 768, 16-bit display (32-bit recommended)
- 2.5 GB available disk space
- Speakers or headphones

Macintosh:

- 600 MHz PowerPC G4 and later
- Mac OS X 10.3 or later
- DVD-ROM
- 256 MB RAM
- 1024 x 768, 16-bit display (32-bit recommended)
- 2.5 GB available disk space
- Speakers or headphones



ISBN: 978-1-888805-34-5



Workbook Publishing, Inc.
P.O. Box 67, Ardmore, PA 19003-0067 USA
www.workbookpublishing.com